

ABSTRACT OF DISCLOSURE

An optical disc having track grooves formed in a radial direction of the disc, and with the disc being divided into a plurality of zones, wherein track grooves are formatted into waved patterns, based on a predetermined modulation rule, in the radial direction of the disc to record zone address information for each of the divided zones. The waved pattern may overlap over recorded user data. Each zone has a recording capacity in which an arbitrary recording capacity is added to a data recording capacity needed for each divided zone.